



Murray Senior Recreation Center

2020

Recreation for 55+

January

Fire and Police Appreciation Fundraiser

Each year, we have a **FIRE AND POLICE APPRECIATION WEEK** in February where we invite our Murray firefighters and police officers to enjoy a lunch with our participants. Please mark your calendars for the **week of February 10 -14** as we host the Murray City Fire and Police for lunch every day that week. The cost of the lunch for one of our public servants is **\$5**. We are asking our participants to donate what they can as a “thank you” for the services provided by the Fire and Police. Last year, we met our goal of \$400.

Mardi Gras Celebration

Join us on **Tuesday, February 25 at 11:00** as we transform the Murray Senior Recreation Center into downtown New Orleans and celebrate the final day of the Carnival season—**MARDI GRAS**, French for “Fat Tuesday.”

A special Cajun meal will be served, including King Cake, while listening to the jazzy sounds of the *Riverton Jazz Band*. We’ll toss beads, and a few lucky participants who find the “baby” in their King Cake will win a prize! Thank you to Jenkins-Soffe for their sponsorship of Mardi Gras.

The cost for this fun event will be **\$8** for reserved seats. Purchase one seat or an entire table (seven seats). Registration begins Tuesday, January 28.

Deadline: No reservations or cancellations for refunds may be made after close of business on Tuesday, February 18.



January-February Center Closures

Wednesday, January 1	New Year’s Day
Thursday, January 2	Closing at 4:30 pm
Monday, January 20	MLK Jr. Day
Monday, February 17	President’s Day

Next Special Event

Tuesday, February 25	Mardi Gras
<i>Registration begins Tuesday, January 28</i>	
<i>Deadline is Tuesday, February 18</i>	

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#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-
Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed



Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Kat Martinez, District 1
 Rosalba Dominguez, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

Advisory Board

Chair: Ed Houston
 Christine Clark Richard Clark
 Brenda Clausen Max Derrick
 Sandra Jones Jenny Martin
 Erich Mille Pete Wright

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is available at the Front Desk of the Murray Senior Recreation Center, online at murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. A suggested donation of \$1 per issue is appreciated for the copies picked up at the Murray Senior Recreation Center. *Newsletters are archived online.*

You may make a **RESERVATION** for yourself and one friend for programs and trips as long as payment accompanies the reservation. If you pay for a friend, you are then responsible for taking care of any cancellations and/or refunds with the friend.

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card at the Front Desk.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is time provided for comments.



www.facebook.com/MurraySeniorRec/
www.facebook.com/MurrayCityUtah/

Grief Support Class

On **Friday, January 10 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

History Class: French Revolution



On **Tuesday, January 14 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss Louis XVI, Marie Antoinette, and other historical figures from the French Revolution.

The French Revolution was partially inspired by the American Revolution. The French government was also in debt because of the aid they had given to the American revolutionaries. This is a **free** class. [Register now.](#)

Fifty Years in Polygamy

Kristyn Decker was born and raised in a polygamist home in Utah to a polygamist prophet, married into a polygamist relationship, and raised seven children to believe in polygamy. During this time, she taught school in the AUB private school her children attended. In 2003, she ended her 33-year marriage and left polygamy. A few years later, she met and married LeRoy Decker. She became president of the Hope Organization dedicated to assisting survivors of polygamous relationships.

Kristyn will return to the Center to present **FIFTY YEARS IN POLYGAMY** on **Tuesday, January 21 at 10:30**. This is a **free** presentation. [Register now.](#)

Interest List: Mahjong

Let us know if you are interested in playing the Chinese tile game

MAHJONG. There needs to be at least 3 to have a game, and we'll look at any afternoon that is available to play. Give your contact information to Wayne.



AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the last Tuesday each month. The next class will be on **Tuesday, January 28** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. **Make checks out to AARP and pay the day of class. They do not take credit cards.** Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging: Wellness for the New Year!

On **Tuesday, January 28 at 1:00**, the **VITAL AGING** wellness topic will be **WELLNESS FOR THE NEW YEAR**. Does it seem like you always make New Year's Resolutions and never follow through? This year why not try something new and learn about how to be well the whole year through. We will learn about mental and physical wellness, goal setting, and improving your sleep habits. We are also going to cover Winter Safety tips to prevent falls this winter. This is a **free** class. [Register now.](#)

8th Annual Storytelling Workshop

The Center is pleased to bring back the **STORYTELLING WORKSHOP** in February. The Murray Cultural Arts Department sponsors this workshop each year. It begins on **Tuesday, February 18 at 10:00-11:30**. This six-week workshop will run every **Tuesday** and **Friday** through **Friday, March 27**. It's a fun way to get back in touch with stories you remember from earlier days. The first class will be an introduction to storytelling and what you may expect from this workshop. This is a **free** workshop. [Register now.](#)

Nutrition: Heart Health—Don't Skip a Beat!

On **Friday, February 28 at 10:30**, Ashley Quadros from Harmons will be teaching us **NUTRITION: HEART HEALTH—DON'T SKIP A BEAT!** February is heart health month! Learn how to take steps to a healthier lifestyle and reduce your risk of heart disease. Ashley will teach you how to make simple changes that really add up, including food label reading, heart-healthy food substitutions, and choices that help reduce blood pressure and cholesterol. This is a **free** class. [Register now.](#)

Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or use the cash box located in the Computer Lab).

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

Crafting with Susan

Susan will be teaching her **CRAFTING WITH SUSAN** class on **Tuesday, February 11** at **2:30-4:00**. See the sample in the lobby display case later this month. The cost is **\$5** and all supplies are included. [Register now](#). The deadline to register is **Friday, February 7** at noon.

Painting Classes

John Fackrell's six-week **WATERCOLOR** class begins **Monday, January 6** through **Monday, February 24** at **9:00-12:00**. Cost is **\$33**. [Register now](#).

John and Joan Fackrell's six-week **ART APPRECIATION** class begins **Monday, January 6** through **Monday, February 24** at **1:00-3:30**. Cost is **\$33**. [Register now](#).

Jeanette Morris' eight-week **PAINTING** class begins **Wednesday, January 8** through **Wednesday, February 26** at **9:00-12:00**. Cost is **\$40**. [Register now](#). Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.



Did you get a new eReader for Christmas? A new "smart" phone? A camera? Learn how to use your gift!

eBooks and eAudiobooks

On **Friday, January 10** at **10:30**, a representative from Murray City Library will teach you how to use **eBOOKS** and **eAUDIOBOOKS**. Bring your devices (tablet, smartphone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.) Bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address, or a piece of mail with your name and current address. This is a **free** class. [Register now](#). Space is limited to seven participants.

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. [Registration and payment needed in advance](#).

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. [Registration and payment needed in advance](#).

Glen Sisam's six-week **GENEALOGY** class begins on **Wednesday, January 8** through **Wednesday, February 12** at **12:30-2:00**. This is a **FREE** class. Space is limited to eight participants (two need to bring their own laptop).

Photoshop Class

Greg Waldron is back with his **PHOTOSHOP CLASS** on **Monday, February 24, Wednesday, February 26, and Friday, February 28** at **10:00-11:30**. The first class will be a lecture and demonstration on Photoshop. There will be a small segment on the use of cameras, a look at photography, and then we'll dive into Photoshop with demonstrations of the key functionality of the software. The third class will be dedicated to the participants' personal projects and Greg will guide you through the steps to edit your own photos. The cost is **\$15**. [Register now](#). Space is limited to six participants.

AARP Tax Assistance

Volunteers from AARP will be providing **free TAX ASSISTANCE** and preparation for tax payers with middle and low income, with special attention to those 60 and over. This free and confidential service will be available every **Wednesday afternoon** starting **February 5** through **April 8**. Advance appointments are required; registration begins Wednesday, January 29.



Please remember your appointment date and make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we don't want the tax volunteers left with empty spots from cancellations and no-shows.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.



A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, January 13** from **10:30-12:00**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

IMPORTANT NOTICE: Kitchen access is limited to staff only. If you need assistance with something in the kitchen (coffee, microwave, ice, hot water, etc.) please ask one of the staff to help you. Kitchen safety is very important!!



Donate your old cell phone here. The annual collection will end on January 20, 2020. This program is in partnership with Salt Lake County Aging and Adult Services.

VITA Tax Help

The **VITA TAX HELP** will be offered on **Thursday evenings** from **5:30 pm** to **8:00 pm** starting **February 6** through **April 9**.

Appointments can be made by calling 211, but walk-ins are also welcome.

VITA is not limited to age or income level. 211 is a free information hotline.



earn it.
keep it.
save it.
utahtaxhelp.org

Earned Income Tax Credit (EITC)

EITC is the #1 credit in getting families out of poverty. It is received by filing a tax return and is given to working families—those with earned income through W-2 or 1099 Misc Income. Over the course of this 44 year-long program, Utah historically has had a 75% participation rate. One out of four eligible people in Utah do not request this credit.

EITC is often paired with the Child Tax Credit; the combined refund can be as high as \$5,000 per family. Why aren't people claiming this credit? Mostly due to a lack of education about EITC.

- Those who make a certain level of income don't have to file. Yet, the highest EITC refund occurs for those earning between \$14,000 and \$19,000.
- Those who file paper returns might "miss" or not know they are eligible for the credit. Electronic returns pick this credit up.
- Single filers might not realize they get this credit if earnings are under \$15,500.
- **Grandparents who have grandchildren living with them may be eligible.**

Tax Help Utah, who runs the VITA free tax program, is working with the Governor's office, Department of Health and the University of Utah to advocate for education and awareness regarding EITC. Their mission is to make Utah #1 and bring \$30,000,000 back to Utah tax payers.



JANUARY

Monthly Calendar

Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107


801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior
-Recreation-Center
Director: Tricia Cooke

Monday – Friday
8:00 – 4:30

Thursday
8:00 – 9:30

Saturday – Sunday
Closed

MONDAY	TUESDAY
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
6	7
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 10:30 Brunch Café 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 10:30 History: French Revolution 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance
13	14
 <p>CENTER IS CLOSED</p>	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:00 Kingsbury Hall: Black Violin 10:30 Tai Chi 10:30 Fifty Years in Polygamy 11:30 Lunch / 12:00 Medicare 12:30 Canasta 12:45 Crafters 1:00 NO Computer Help 2:00 Beginning Line Dance
20	21
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 10:30 CPR and First Aid Refresher 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / Smart Driving 10:00 Health Screening 10:30 Tai Chi 11:30 Lunch / 12:30 Canasta 12:45 Crafters 1:00 Computer Help / Vital Aging 2:00 Beginning Line Dance
27	28

WEDNESDAY	THURSDAY	FRIDAY
 <p>CENTER IS CLOSED</p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 NO Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater</p> <p><i>The Center is Closing at 4:30 Today There is NO Evening Dance Tonight</i></p>	<p>9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:45 Bingo 1:00 Bridge</p>
<p>9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday 12:30 Genealogy 12:45 Bingo 1:00 Bridge</p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance</p>	<p>9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 eBooks 10:30 Grief Support 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:45 Bingo 1:00 Bridge</p>
<p>9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 Blood Pressure Clinic 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge</p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 3:30 Midway's Ice Castles 7:00 Evening Social Dance</p>	<p>9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge</p>
<p>9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 Board Meeting 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge</p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 12:30 The Leonardo: Pompeii 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance</p>	<p>9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge</p>
<p>9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge</p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance</p>	<p>9:00 Zumba 9:00 Computer Help 9:30 Hardware Ranch 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge</p>

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is **free**, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

***NOTE:** The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.*

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating pies each week and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.



There is no dance on Thursday, January 2

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, East Coast Subs, Theresa Brandon, and Kneaders Bakery and Café.

2020 Goal Setting

DISCOVER what you want to work on. 🌀 What do I feel I should learn or change in my life? What skills do I want to gain?

PLAN how you will do it. 🌀 Why is this important to me? What action can I take to do this? Can I break these actions into smaller steps? What plans can I make now to overcome challenges I may face?

ACT on your plan. 🌀 Make reminders to help you stay focused. Learning what works and does not work helps you grow. What adjustments do I need to make?

REFLECT on what you have learned. 🌀 Ponder about your goals and plans while you are working on them and when you finish. How are you feeling? What have you learned? Write down your thoughts and impressions.

CELEBRATE your growth. 🌀 Feel good about your progress and accomplishments.

Wednesday Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, January 14** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a **BLOOD PRESSURE CLINIC** on **Wednesday, January 15** from **10:30 to 12:00**. No appointments necessary.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, January 21** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

CPR and First Aid Refresher Course

On **Monday, January 27** at **10:30**, George Zboril from Murray Fire Department will be presenting a **CPR AND FIRST AID REFRESHER COURSE** for staff, volunteers, and anyone interested in attending. This is a **free** class. No registration required. Please come and join us in the Center's dining room!

UVU Student Nurses Health Screenings

Student Nurses from UVU will be conducting **HEALTH SCREENINGS** on **Tuesday, January 28**, from **10:00 to 12:00**. Screenings will include heart rate, blood pressure, oxygen, and blood sugar monitoring. This is a **free** service. No appointment is necessary.

Veterans Benefits

On **Tuesday, February 18** from **1:00 to 3:00**, Brock McLean, an officer in the American Legion Veterans Service, will provide individualized help to discuss **VETERANS BENEFITS**, assist with filing any claims, and answer general questions about benefits for Veterans. Advance appointments are required.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, March 5** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Thursday, January 30.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Winter Walking Club

Our **WINTER WALKING CLUB** goal is to walk 412 miles to Las Vegas. Cost of the winter program is **\$5** and started November 1. You receive a pedometer and monthly calendars. Prizes await those who make it to Las Vegas by the end of March. [Register now.](#)

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneakers or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00** beginning on Monday, January 13.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The University of Utah students' overall fitness class and personal training is included with the exercise room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will continue through **Monday, February 10** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. [Register now.](#)

Pickleball

Pickleball is an exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to Pickleball, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Midway's Ice Castles

The MIDWAY'S ICE CASTLES experience is built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more.

The Center bus will depart on **Thursday, January 16** at **3:30**. Dinner will be on your own at the Wasatch Back Grill and Deli. Cost is **\$25**. Registration begins Monday, December 30. **Dress warm and wear winter shoes or boots.**

Kingsbury Hall: Black Violin

High-energy, classically-trained musicians renowned for their ability to meld highbrow and pop culture into a single genre-busting act, **BLACK VIOLIN** mines the synergy among classical, jazz, blues, R&B, and hip-hop.

The Center bus will depart at **10:00** on **Tuesday, January 21** for **KINGSBURY HALL**. Cost for the trip is **\$6**. Registration begins Wednesday, January 8.

The Leonardo: Pompeii

The sudden disaster of the eruption of Mt. Vesuvius that destroyed the city of **POMPEII** also preserved a unique record of daily life at the height of the Roman Empire. Artifacts on loan from the Naples National Archeological Museum in Italy take visitors through a unique Roman villa and onto the winding streets of Pompeii, exploring the forum, theater, and marketplace along the way.

The Center bus will depart at **12:30** on **Thursday, January 23** for The Leonardo. Cost for the trip is **\$30**. Registration begins Tuesday, January 7.

Hardware Ranch

Enjoy lunch and a sleigh ride among the elk that winter at the **HARDWARE RANCH** (15 miles east of Hyrum).

The Center bus will depart at **9:30** on **Friday, January 31** and return about 4:00. Cost for the day is **\$17** which includes transportation, sleigh ride, and a sack lunch. Registration begins Wednesday, January 15. **Dress warm and wear winter shoes or boots.**

Kingsbury Hall: Guangdong Modern Dance

Mainland China's first professional modern dance company, **GUANGDONG MODERN DANCE COMPANY**, is internationally renowned for their exquisite and captivating performances. *Beyond Calligraphy*, one of the ensemble's most popular works, is a poem of movements inspired by Chinese scripts. The production comprises five dances named after the five styles of calligraphy.

The Center bus will depart at **9:30** on **Tuesday, February 4** for **KINGSBURY HALL**. Cost for the trip is **\$6**. Registration begins Wednesday, January 22 for this trip.

Wendover

Travel to **WENDOVER** on **Thursday, February 13**, and enjoy a day at the Rainbow Casino. The cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return about **7:00**. Register now; the registration deadline is Thursday, February 6.

2020 dates for Wendover are tentatively scheduled for February 13, April 9, June 4, August 13, and October 8.






2020 Overnight Trip: Tuacahn

We will be traveling to **TUACAHN** on **Monday, June 8** and returning on **Thursday, June 11**. This year's plays will be *Disney's Beauty and the Beast* and *Annie*. We will be staying at the CasaBlanca Resort and Casino in Mesquite, Nevada. Please watch our future newsletters for more detailed information.

BUS TRIP REMINDERS

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip host will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

JANUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Soup of the Day now available as a Lunch Option</p>		 <p>1 CENTER CLOSED</p>	<p>2 BREAKFAST BURRITO Fruit Coffee Cake</p>	<p>3 BRATWURST Mac 'n Cheese Broccoli Salad Cookie</p>
<p>6 NO LUNCH</p>	<p>7 BBQ CHICKEN WINGS Fries Pasta Salad Salted Caramel Butter Bars</p>	<p>8 MOZZARELLA MEATLOAF Mashed Potatoes Green Beans Birthday Cake and Ice Cream</p> 	<p>9 PO BOY SANDWICH Coleslaw Hushpuppies Chocolate Cake</p>	<p>10 CHEDDAR BROCCOLI SOUP Side Salad Roll Mousse Cup</p>
<p>Lunch is served Tuesday-Friday between 11:30-12:30 Main Entrée price is \$4 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4</p>				
 <p>13 10:30 - 12:00</p>	<p>14 CHICKEN ALFREDO Breadstick Beets Gelato</p>	<p>15 SLOPPY JOES Onion Rings Potato Salad Brownies</p>	<p>16 CORN DOGS Chips Fruit Cup Lemon Bar</p>	<p>17 POTATO BAR Choice of toppings Side Salad Cobbler</p>
 <p>20 CENTER CLOSED</p>	<p>21 PULLED PORK SANDWICH Tater Tots Coleslaw Rice Krispy Treat</p>	<p>22 CHICKEN FRIED STEAK Mashed Potatoes Corn Yogurt Parfait</p>	<p>23 CHICKEN GYRO Greek Salad Strawberry Shortcake</p>	<p>24 LASAGNA Side Salad Garlic Bread Ice Cream Sandwiches</p>
<p>27 NO LUNCH</p>	<p>28 GARLIC LEMON TILAPIA Mixed Veggies Roll Fresh Fruit</p>	<p>29 BROCCOLI CHEDDAR CHICKEN AND RICE CASSEROLE Side Salad Cheesecake</p>	<p>30 MONTHLY SMÖRGÅSBORD</p>	<p>31 SESAME TERIYAKI SHRIMP Rice Stir-fry Vegetables Cinnamon Rolls</p>